Monday

45 MIN

Upper Push + Pull

45-minute adaptation of the 30-minute Cage Edition. Alternate exercises that share a time block. Include 1-2 light ramp-up sets in the first press and row block.

00-06 min WARM-UP



Easy treadmill walk
1 × 6 min

06-10 min SHOULDER STABILITY



Band external rotation
2 × 10/side

Keep your elbow by your ribs.

10-25 min



Barbell bench press
3 × 8-10

Check the rack safeties with an unloaded bar.

10-25 min



Seated cable row
3 × 10

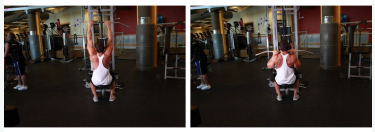
Pull without leaning back.

25-36 min



Incline dumbbell press
2 × 10-12

25-36 min



Lat pulldown
2 × 8-10

Pull toward your upper chest.

36-41 min



Farmer carry
2 × 30 sec

Carry one weight in each hand.

41-45 min COOLDOWN



Easy treadmill walk
1 × 4 min

Tuesday

45 MIN

Lower Body + Hips

45-minute adaptation of the 30-minute Cage Edition. Rehearse a few unloaded squat and hinge reps at the start of their blocks. Alternate exercises that share a time block.

00-06 min WARM-UP



Easy treadmill walk

1 × 6 min

06-16 min



Box squat

3 × 8

Touch the box lightly and stand.

16-26 min



Romanian deadlift

3 × 8

Send your hips back and keep the bar close.

26-36 min



Cable pull-through

2 × 12

26-36 min



Supported split squat

2 × 8/leg

Keep your feet in place. Use rack support.

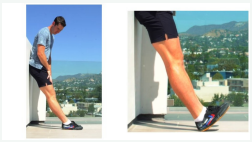
36-41 min



Standing calf raise

2 × 15

36-41 min



Tibialis raise

2 × 15

Keep your heels down and raise your toes.

41-45 min COOLDOWN



Easy treadmill walk

1 × 4 min

Wednesday

45 MIN

Mobility + Core + Kettlebell Complex / Part 1 of 2

45-minute adaptation of the 30-minute Cage Edition. Use one kettlebell with both hands for kettlebell movements. Do steps 1-9 in order. Rest 2-3 min between rounds and complete 5 rounds total.

00-06 min WARM-UP



Easy treadmill walk

1 × 6 min

06-09 min



90/90 hip rotation

2 × 5/side

Turn both knees slowly from side to side.

09-12 min

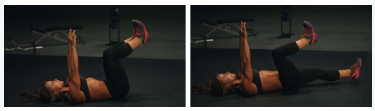


Bird dog

1 × 6/side

Reach opposite arm and leg. Keep your hips level.

09-12 min



Dead bug

1 × 6/side

Lower opposite arm and leg without arching.

12-42 min COMPLEX 1 OF 9



Kettlebell row

5 reps per round

Hinge at your hips and pull the bell toward your ribs.

12-42 min COMPLEX 2 OF 9



Kettlebell clean

5 reps per round

Drive through your hips and catch the bell close to your chest.

12-42 min COMPLEX 3 OF 9

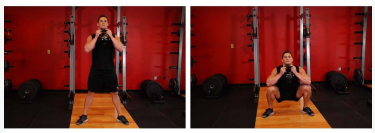


Kettlebell swing

5 reps per round

Use a pain-free hip hinge and drive from your hips.

12-42 min COMPLEX 4 OF 9



Kettlebell goblet squat

5 reps per round

Hold the bell close to your chest.

Exercise photo credits on the final page.

90/90 rotation by Amato et al., Fig. 2a CC BY 4.0 (cropped and converted to grayscale)

Wednesday

45 MIN

Mobility + Core + Kettlebell Complex / Part 2 of 2

45-minute adaptation of the 30-minute Cage Edition. Continue with steps 5-9. Rest 2-3 min before returning to step 1. Complete 5 rounds total.

12-42 min — COMPLEX 5 OF 9



Kettlebell biceps curl

5 reps per round

Keep your elbows close to your sides.

12-42 min — COMPLEX 6 OF 9



Kettlebell triceps extension

5 reps per round

Keep your upper arms steady as your elbows bend.

12-42 min — COMPLEX 7 OF 9



Kettlebell pullover

5 reps per round

Keep your ribs down as the bell moves overhead.

12-42 min — COMPLEX 8 OF 9



Kettlebell halo

10 alternating reps total per round

Circle the bell around your head. Switch direction each rep.

12-42 min — COMPLEX 9 OF 9



Push-up

10 reps per round

Lower and press with your head, hips and heels in line.

42-45 min — COOLDOWN



Easy treadmill walk

1 × 3 min

Thursday

45 MIN

Upper Muscle + Posture / Part 1 of 2

45-minute adaptation of the 30-minute Cage Edition. Alternate exercises that share a time block. Include 1-2 light ramp-up sets in the first press and row block.

00-06 min WARM-UP



Easy treadmill walk

1 × 6 min

06-20 min



Incline dumbbell press

3 × 10

06-20 min



Seated cable row

3 × 10-12

20-31 min

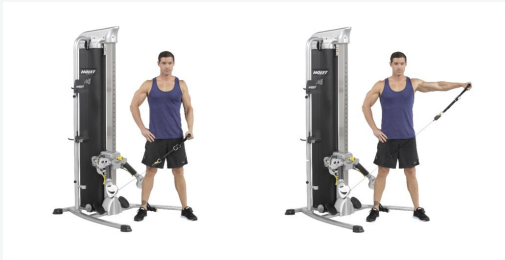


Cable face pull

3 × 12-15

Pull the rope toward your face with control.

20-31 min



Cable lateral raise

2 × 12/side

Raise with a soft elbow and relaxed neck.

Thursday

45 MIN

Upper Muscle + Posture / Part 2 of 2

45-minute adaptation of the 30-minute Cage Edition. Alternate pressdowns and curls. Use light resistance for forearm rotations.

31-38 min



Cable triceps pressdown

2 × 10-12

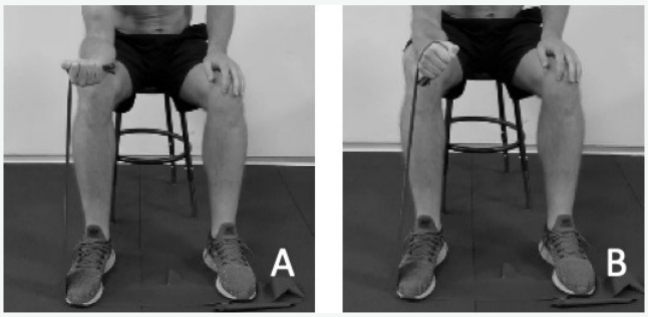
31-38 min



Cable biceps curl

2 × 10-12

38-42 min ELBOW STABILITY



Band forearm pronation

2 × 8/side

Support your forearm on your thigh. Turn palm down against the band and return slowly.

42-45 min COOLDOWN



Easy treadmill walk

1 × 3 min

Forearm pronation by Fukunaga et al., Fig. 3 CC BY-NC 4.0 (cropped and converted to grayscale)

Friday

45 MIN

Lower Strength + Glutes

45-minute adaptation of the 30-minute Cage Edition. Start the squat and hinge blocks with light ramp-up sets. Alternate exercises that share a time block.

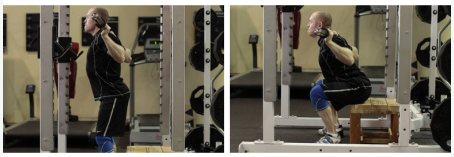
00-06 min — WARM-UP



Easy treadmill walk

1 × 6 min

06-15 min



Box squat

3 × 6-8

15-25 min



Romanian deadlift

3 × 8

Stop lowering before your back position changes.

25-31 min



Cable pull-through

2 × 12

31-41 min



Barbell hip thrust

2 × 10

Finish with your glutes and keep your ribs down.

31-41 min



Standing calf raise

2 × 15

41-45 min — COOLDOWN



Easy treadmill walk

1 × 4 min

Exercise photo credits on the final page.

Saturday

45 MIN

Athletic Full Body + Kettlebell Complex / Part 1 of 2

45-minute adaptation of the 30-minute Cage Edition. Use one kettlebell with both hands for kettlebell movements. Do steps 1-9 in order. Rest 2-3 min between rounds and complete 5 rounds total.

00-06 min WARM-UP



Easy treadmill walk

1 × 6 min

06-12 min



Low step-up

3 × 8/leg

Place your whole foot on a low, stable step.

12-42 min COMPLEX 1 OF 9



Kettlebell row

5 reps per round

Hinge at your hips and pull the bell toward your ribs.

12-42 min COMPLEX 2 OF 9



Kettlebell clean

5 reps per round

Drive through your hips and catch the bell close to your chest.

12-42 min COMPLEX 3 OF 9



Kettlebell swing

5 reps per round

Use a pain-free hip hinge and drive from your hips.

12-42 min COMPLEX 4 OF 9



Kettlebell goblet squat

5 reps per round

Hold the bell close to your chest.

Saturday

45 MIN

Athletic Full Body + Kettlebell Complex / Part 2 of 2

45-minute adaptation of the 30-minute Cage Edition. Continue with steps 5-9. Rest 2-3 min before returning to step 1. Complete 5 rounds total.

12-42 min — COMPLEX 5 OF 9



Kettlebell biceps curl

5 reps per round

Keep your elbows close to your sides.

12-42 min — COMPLEX 6 OF 9



Kettlebell triceps extension

5 reps per round

Keep your upper arms steady as your elbows bend.

12-42 min — COMPLEX 7 OF 9



Kettlebell pullover

5 reps per round

Keep your ribs down as the bell moves overhead.

12-42 min — COMPLEX 8 OF 9



Kettlebell halo

10 alternating reps total per round

Circle the bell around your head. Switch direction each rep.

12-42 min — COMPLEX 9 OF 9



Push-up

10 reps per round

Lower and press with your head, hips and heels in line.

42-45 min — COOLDOWN



Easy treadmill walk

1 × 3 min

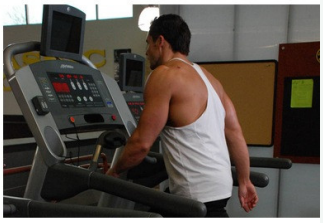
Sunday

UP TO 30 MIN

Rest / Optional Recovery

45-minute adaptation of the 30-minute Cage Edition. Take the day off or choose this easy recovery session. Use a comfortable range and rest as needed.

00-20 min

Easy walk

1 × 20 min

Walk outside or use the treadmill at a conversational pace.

20-25 min



90/90 hip rotation

1-2 × 5/side

25-30 min



Wall slide

1-2 × 8

Slide your arms up the wall within a comfortable range.

Exercise photo credits

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MuscleWiki · Kettlebell row
ACE Fitness · Kettlebell swing
BoxLife · Kettlebell curl
Gymleco · Kettlebell triceps extension
STRONG Fitness / Paul Buceta · Kettlebell pullover
Coach · Kettlebell halo
Amato et al. · 90/90 hip rotation
Ruiz Ibán et al. · Wall slide
Fukunaga et al. · Band forearm pronation

Supported split squat and kettlebell clean use AI-generated photo-style demonstrations.

90/90 rotation by Amato et al., Fig. 2a Wall slide by Ruiz Ibán et al., Fig. 2b CC BY 4.0 (cropped and converted to grayscale)